

## ABSTRACT

This invention relates to an information processing apparatus, an information processing method, a recording medium, and a program for transmitting an RTS frame at full power and data at low power. If it is found in step S1 that data is to be transmitted, then an RTS frame is transmitted at full power in step S2. If a CTS frame enabling data transmission is not found received in step S3, then a determination is made in step S4 to see if a CTS frame with its RA field carrying the address of another terminal is received. If the latter CTS is found received in step S4, a transmission-prohibited interval is set and counted in step S5 based on a duration field in the CTS frame. If the CTS frame enabling data transmission is found received, then a reception level of the frame is measured and stored in step S6. In step S7, data is transmitted by a PDA at lower power. In step S8, an ACK frame is received. This invention applies illustratively to PDAs.